



Join Total Wellness-San Marcos today and buckle up for an exciting ride on the road to fitness! Get fit and stay fit with Total Wellness-San Marcos. All programs take place at the **San Marcos Activity Center**.

Total Wellness-San Marcos

Total Wellness-San Marcos Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 to 9:45 AM	H ₂ O ⁺	H ₂ O ⁺ & Cardio ⁺	H ₂ O ⁺	H ₂ O ⁺ & Cardio ⁺	H ₂ O ⁺	
9:45 to 9:55 AM		HARDCore		HARDCore		
10:00 to 10:45 AM		SeniorFIT		SeniorFIT		
10:15 to 11:15 AM						1-Hour Boot Camp
12:15 to 12:45 PM	Cyclone Express		Boot Camp Express		Zumba Express	
12:45 to 12:55 PM	HARDCore		HARDCore		HARDCore	
5:30 to 6:15 PM	Cyclone & Cardio ⁺	Aqua Pump & Zumba®	Cyclone & Cardio ⁺	Aqua Pump & Zumba®		
6:15 to 6:25 PM	HARDCore	HARDCore	HARDCore	HARDCore		
6:30 to 7:15 PM	Yoga ⁺	Boot Camp	Yoga ⁺	Boot Camp		

Note. Current schedule is effective through December 18th. Also, classes may be added or removed at any time based on demand.

Total Wellness-San Marcos Fit-Kids Club Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 to 10:15 AM	Open	Open	Open	Open	Open	~
10:00 to 11:45 AM	~	~	~	~	~	Open
5:15 to 7:30 PM	Open	Open	Open	Open	~	~

Note. Fit-Kids Club hours may be added or removed at any time based on demand.



Fee Structure for Total Wellness-San Marcos Programs

	Per Class	Per 15-week Session*
All Group Fitness Classes	\$5	\$100
Water Aerobics Only	\$5	\$85
Super Seniors, 70 ⁺ Years Young	\$3	\$70
Fit-Kid's Club	\$3	\$50

*Prorated fees are available for those interested in joining at a later time.



Registration and Contact Information

To register, visit the front desk at the San Marcos Activity Center. For more information, contact either Lane Supak (Aquatic Supervisor, 512-393-8287, lsupak@sanmarcostx.gov) or Carolyn Clay (Director of Total Wellness, 512-245-1972, CarolynClay@txstate.edu).

Class Descriptions

Total Wellness-San Marcos group fitness classes are taught in a non-intimidating environment by highly trained and enthusiastic instructors. Our classes are tailored to meet the varying interests and fitness levels of its participants. We are committed to providing a safe and optimal workout and will demonstrate modifications so that members can set their own intensity.



- **Aqua Pump** combines the intensity of interval training with the power of water. This workout varies intensity, speed, and range of motion styles to enhance flexibility, muscular fitness, and aerobic endurance without placing added stress on the joints. Stay refreshed while performing interval-based, calorie-burning exercises!
- **Boot Camp** will expose you to intense drills, skills, and crazy games designed to strengthen and tone your muscles as well as improve your endurance, power, speed, agility, balance, and coordination.
- **Cardio⁺** improves cardiovascular health and muscular fitness through a variety of formats (e.g., hi-lo, step, and kick-boxing) and the utilization of different types of resistance training equipment. Each class involves 20-25 minutes of aerobic conditioning, 20-25 minutes of resistance training, and 5-10 minutes of cool-down and stretching.
- **Cyclone** offers the complete riding experience. This powerful cycling workout varies speed and resistance to raise your heart rate and burn calories and incorporates interval training to strengthen your muscles.
- **HARDCore** is an intense, 10-minute workout that will lead you on a path to achieving a "6-pack". Instructors employ functional training techniques and use a variety of equipment to strengthen your abdominal and lower back muscles. A perfect complement to any workout!
- **H₂O⁺** is a non-impact workout designed to improve cardiovascular and muscular fitness. Stay cool and have fun in San Marcos with H₂O⁺.
- **SeniorFIT** provides a complete workout in a fun and social environment. Improve your overall functional fitness with our innovative cardiovascular, muscular strength and endurance exercises. Utilizing a variety of equipment, SeniorFIT will also target range of motion, coordination and balance.
- **Yoga⁺** provides a perfect blend of Yoga, Pilates, and athletic movements designed to soothe your soul while creating a strong, toned, flexible, and relaxed mind and body.
- **Zumba[®]** fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away!

Fit-Kids Club

Fit-Kids Club is a safe and supervised environment where children ages 1 to 12 years can have fun while engaging in a variety of age-appropriate fitness activities. During the school year, **Fit-Kids Club** associates can also assist children with their homework. All of our **Fit-Kids Club** associates have passed a criminal background check, are certified in CPR and First Aid, and have experience in working with small children.

